

# Roasted Beef Tenderloin with Texas Herb Rub

Makes 12 to 16 servings for a special occasion.

- 4 -5 pounds beef tenderloin, whole
- 1 teaspoon dried oregano leaves
- 1 teaspoon dried thyme leaves
- 1 teaspoon paprika
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon ground white pepper
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon ground red pepper

Combine seasoning ingredients. Rub gently over the entire tenderloin surface. Tenderloin may be roasted immediately or wrapped tightly in plastic wrap and "cured" in the refrigerator overnight. Heat oven to 400 degrees F.. Place tenderloin on rack in a shallow pan. Roast 45 minutes or until a meat thermometer in center of meat reaches 140 degrees F for Medium-Rare doneness or 145 degrees F for Medium doneness. Let roast stand 10 minutes before carving.

**Servings: 16**

**Yield: 4 ounces per serving**

## Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
<b>Calories</b>	275.51
Calories From Fat (37%)	101.05
<b>% Daily Value</b>	
<b>Total Fat</b> 11.18g	<b>17%</b>
Saturated Fat 4.25g	<b>21%</b>
<b>Cholesterol</b> 111.98mg	<b>37%</b>
<b>Sodium</b> 229.19mg	<b>10%</b>
<b>Potassium</b> 521.64mg	<b>15%</b>
<b>Carbohydrates</b> 0.42g	<b>0%</b>
Dietary Fiber 0.18g	<b>1%</b>
Sugar 0.07g	
Sugar Alcohols 0.00g	
Net Carbohydrates 0.24g	
<b>Protein</b> 40.49g	<b>81%</b>

## Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
4 -5 pounds beef tenderloin, whole	5 x 1 lb of Beef, tenderloin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled
1 teaspoon dried oregano leaves	1 x 1 teaspoon of Spices, oregano, ground
1 teaspoon dried thyme leaves	1 x 1 teaspoon of Spices, thyme, ground
1 teaspoon paprika	1 x 1 teaspoon of Spices, paprika
1 teaspoon salt	1 x 1 teaspoon of Salt, table
1/2 teaspoon garlic powder	0.50 x 1 teaspoon of Spices, garlic powder
1/2 teaspoon onion powder	0.50 x 1 teaspoon of Spices, onion powder
1/2 teaspoon ground white pepper	0.50 x 1 teaspoon of Spices, pepper, white
1/2 teaspoon freshly ground black pepper	0.50 x 1 teaspoon of Spices, pepper, black
1/4 teaspoon ground red pepper	0.25 x 1 teaspoon of Spices, pepper, red or cayenne

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